



Bureau of Health, Department of Human Services

For more information on getting healthier at home or in your community:  
Call us at 207-287-5388.

Write us at:  
Maine Cardiovascular Health Program, Bureau of Health, Maine Department of Human Services, 11 State House Station - Key Bank Plaza, 4th Floor, Augusta, Maine 04333-0011.  
Or visit these great Web sites:  
[www.healthymainewalks.org](http://www.healthymainewalks.org) [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)

This kit is part of the Healthy Weight Awareness Campaign, brought to you by the Healthy Maine Partnerships and the Maine Nutrition Network.

Healthy Maine Partnerships is a State of Maine collaboration of:

- The Maine Department of Human Services, Bureau of Health
- The Partnership For A Tobacco-Free Maine
- The Maine Cardiovascular Health Program
  - The Community Health Program
- The Coordinated School Health Programs

The Maine Department of Education

31 community-based Healthy Maine Partnerships



John Elias Baldacci, Governor  
Peter E. Walsh, Acting Commissioner, Maine Department of Human Services  
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Be Active.  
Eat Healthy.



# Secrets to making your family healthier, starting today, without fancy gadgets or exercise equipment.

"These simple steps add up to better health. And they're free, easy, and really work!"

Dora Anne Mills, MD, Director, Bureau of Health, Maine Department of Human Services

PART OF THE HEALTHY WEIGHT AWARENESS CAMPAIGN



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**USE YOUR  
HOME AS YOUR  
FAMILY FITNESS  
CENTER!**

Those expensive bodybuilding machines and treadmills you see on TV? Sure, they can work great, but you don't need them. Everything your family needs for better health is already in your home, and it couldn't be easier to get started. And the best news of all? You may already be halfway home.

**This is  
weightlifting.**

*There are plenty of great benefits to picking up and playing with your kids. And better health is one of them.*



*Like to dance? Just put on the music and bop around the house. It can be a great workout and you can do it with your kids.*

**This is your  
aerobics  
instructor.**



**This is a  
sports drink.**

*There's no better drink for your family than water. It's great for the body. There's no sugar or calories. And nothing costs less.*

*More 100% fruit juice, 1% or skim milk, fruits, and vegetables. Less soda and junk food. What's inside your refrigerator – and what's not – can make your family healthier.*

**This is a  
juice bar.**

**This is an  
exercise  
machine.**

*Use the stairs as much as you can. Your heart will beat faster and your legs will get stronger.*

*Truth is, once your family starts moving – no matter what the activity – you all begin to improve your health.*

*Mowing the lawn. Riding a bike. Cleaning the house. Taking a walk. They are all great ways to be more active.*

*Whatever you're all doing, just do more of it!*



## The Secret to Getting Started.

Below are 24 simple and small steps that can add up to a big difference in your family's health. You don't have to do them all, just the ones that make sense for your family.

### Here's what we suggest:

1. Review the list of 24 steps with your family.
2. Check off the steps you are already doing.
3. Pick one or two new steps your family agrees to take.
4. Stick with it.
5. Congratulate each other when your family has made the change.
6. Try adding another new step or two.

#### Be Active!

- ☐ We will keep the TV turned off at meal times.
- ☐ We will limit TV watching and video games to two hours per day.
- ☐ We will keep TVs out of the kids' bedrooms.
- ☐ We will try walking together, ten minutes a day, three times a week.
- ☐ When parking the car in a lot, we will park farther away and walk.
- ☐ We will try playing outside together after school and work at least one day a week.
- ☐ We will use the stairs instead of the elevator or escalator.
- ☐ We will plan family time together that includes physical activity like walking, biking, or playing ball.
- ☐ We will try biking or walking one day a week instead of using the car for short trips.
- ☐ We will try walking to school together one day a week.
- ☐ We will walk to the bus stop together three days a week.
- ☐ We will do household chores together.

#### Eat & Drink Healthy!

- ☐ We will pick one night a week to eat together.
- ☐ We will try eating a fruit or vegetable at every meal.
- ☐ We will try eating a fruit or vegetable snack every day.
- ☐ We will eat less fast food.
- ☐ We will not supersize, unless it's to share with someone else.
- ☐ We will buy frozen, canned, and dried fruits and vegetables.
- ☐ We will buy whole grain bread (whole wheat, bran, oatmeal, multigrain).
- ☐ We will use small amounts of high fat toppings like margarine, butter, and salad dressings.
- ☐ We will bake, broil, grill, and microwave meats, fish, and poultry.
- ☐ We will buy less soda for the home.
- ☐ We will drink more water, milk, or pure fruit juice.
- ☐ We will try drinking 1% or skim milk.

The new steps our family agrees to take are:

Step: \_\_\_\_\_

Step: \_\_\_\_\_

Family Members sign here: \_\_\_\_\_

Hang this on your refrigerator.